

**ENROLL NOW!**

# SUPER GOLD MEDAL TRAINING CAMPS Advanced Learning and Training for the Serious Wrestler

SC= State College  
AL=Allentown

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> <b>NE/MO</b> 5/23 - 6/2 (\$1050)     | <input type="checkbox"/> <b>MI/SC</b> 7/15 - 7/31 (\$1750)         | <input type="checkbox"/> <b>SC/AL</b> 7/18 - 8/6 (\$2150)     |
| <input type="checkbox"/> <b>NE/MO</b> 5/23 - 5/31 (\$850)     | <input type="checkbox"/> <b>MI/SC</b> 7/15 - 7/23 (\$950)          | <input type="checkbox"/> <b>SC/AL</b> 7/24 - 8/13 (\$2250)    |
| <input type="checkbox"/> <b>IN/IL</b> 6/16 - 6/24 (\$925)     | <input type="checkbox"/> <b>MI/SC/AL</b> 7/15 - 8/13 (\$2850)      | <input type="checkbox"/> <b>SC/AL</b> 7/24 - 8/6 (\$1450)     |
| <input type="checkbox"/> <b>IN/IL/OH</b> 6/16 - 6/30 (\$1475) | <input type="checkbox"/> <b>STATE COLLEGE</b> 7/18 - 7/31 (\$1450) | <input type="checkbox"/> <b>OH/PA</b> 7/25 - 8/13 (\$1950)    |
| <input type="checkbox"/> <b>IL/OH</b> 6/19 - 6/30 (\$1150)    | <input type="checkbox"/> <b>STATE COLLEGE</b> 7/18 - 7/26 (\$975)  | <input type="checkbox"/> <b>OH/PA</b> 7/25 - 8/6 (\$1275)     |
| <input type="checkbox"/> <b>PA/NY</b> 6/22 - 7/1 (\$950)      | <input type="checkbox"/> <b>SC/AL</b> 7/18 - 8/13 (\$2600)         | <input type="checkbox"/> <b>ALLENTOWN</b> 8/1 - 8/13 (\$1275) |
| <input type="checkbox"/> <b>WISCONSIN</b> 7/6 - 7/14 (\$950)  |  | <input type="checkbox"/> <b>ALLENTOWN</b> 8/1 - 8/10 (\$975)  |

Please enroll me in (check camp of choice above or below):

**CAMP ABBREVIATIONS:** GM - Gold Medal, KT - Kids Training, Tech - Technique Camp, FC - Future Champions

## May 23 - 28 • KEARNEY, NE • Ramada Inn

- |   |   |
|---|---|
| <input type="checkbox"/> GM 5/23 - 5/28 (\$575) | <input type="checkbox"/> GM 5/23 - 5/27 (\$495)   |
| <input type="checkbox"/> KT 5/23 - 5/27 (\$475) | <input type="checkbox"/> Tech 5/23 - 5/26 (\$375) |
| <input type="checkbox"/> FC 5/23 - 5/26 (\$325) |   |

## May 29 - June 2 • KANSAS CITY, MO • KCI Expo Center

- |   |  |
|---|--|
| <input type="checkbox"/> GM 5/29 - 6/2 (\$495)                    | <input type="checkbox"/> KT 5/29 - 6/2 (\$475) |
| <input type="checkbox"/> Tech 5/29 - 6/1 (\$375)                  | <input type="checkbox"/> FC 5/29 - 6/1 (\$325) |
| <input type="checkbox"/> Memorial Day Weekend 5/29 - 5/31 (\$275) |  |

## May 31 - June 5 • ATLANTA, GA • West Georgia U.

- |  |  |
|--|--|
| <input type="checkbox"/> GM 5/31 - 6/5 (\$575) | <input type="checkbox"/> GM 5/31 - 6/4 (\$495)   |
| <input type="checkbox"/> KT 5/31 - 6/4 (\$475) | <input type="checkbox"/> Tech 5/31 - 6/3 (\$375) |
| <input type="checkbox"/> FC 5/31 - 6/3 (\$325) |  |

## June 5 - 10 • HOUSTON, TX • Crowne Plaza Hotel

- |  |   |
|--|---|
| <input type="checkbox"/> GM 6/5 - 6/10 (\$575) | <input type="checkbox"/> GM 6/5 - 6/9 (\$495)   |
| <input type="checkbox"/> KT 6/5 - 6/9 (\$475)  | <input type="checkbox"/> Tech 6/5 - 6/8 (\$375) |
| <input type="checkbox"/> FC 6/5 - 6/8 (\$325)  |   |

## June 8 - 12 • NORTH DAKOTA • Jamestown College

- |  |  |
|--|--|
| <input type="checkbox"/> GM 6/8 - 6/12 (\$495)   | <input type="checkbox"/> KT 6/8 - 6/12 (\$475) |
| <input type="checkbox"/> Tech 6/8 - 6/11 (\$375) | <input type="checkbox"/> FC 6/8 - 6/11 (\$325) |

## June 10 - 14 • DENVER, CO • Crowne Plaza Airport

- |   |   |
|---|---|
| <input type="checkbox"/> GM 6/10 - 6/14 (\$495)   | <input type="checkbox"/> KT 6/10 - 6/14 (\$475) |
| <input type="checkbox"/> Tech 6/10 - 6/13 (\$375) | <input type="checkbox"/> FC 6/10 - 6/13 (\$325) |

## June 12 - 16 • ORLANDO, FL • Stetson University

- |   |   |
|---|---|
| <input type="checkbox"/> GM 6/12 - 6/16 (\$495)   | <input type="checkbox"/> KT 6/12 - 6/16 (\$475) |
| <input type="checkbox"/> Tech 6/12 - 6/15 (\$375) | <input type="checkbox"/> FC 6/12 - 6/15 (\$325) |

## June 14 - 19 • NORTH CAROLINA • UNC - Pembroke

- |   |   |
|---|---|
| <input type="checkbox"/> GM 6/14 - 6/19 (\$575) | <input type="checkbox"/> GM 6/14 - 6/18 (\$495)   |
| <input type="checkbox"/> KT 6/14 - 6/18 (\$475) | <input type="checkbox"/> Tech 6/14 - 6/17 (\$375) |
| <input type="checkbox"/> FC 6/14 - 6/17 (\$325) |   |

## June 16 - 20 • UPLAND, IN • Taylor University

- |   |   |
|---|---|
| <input type="checkbox"/> GM 6/16 - 6/20 (\$495)   | <input type="checkbox"/> KT 6/16 - 6/20 (\$475) |
| <input type="checkbox"/> Tech 6/16 - 6/19 (\$375) | <input type="checkbox"/> FC 6/16 - 6/19 (\$325) |

## June 19 - 24 • DANVILLE, IL • David S. Palmer Arena

- |   |   |
|---|---|
| <input type="checkbox"/> GM 6/19 - 6/24 (\$575) | <input type="checkbox"/> GM 6/19 - 6/23 (\$495)   |
| <input type="checkbox"/> KT 6/19 - 6/23 (\$475) | <input type="checkbox"/> Tech 6/19 - 6/22 (\$375) |
| <input type="checkbox"/> FC 6/19 - 6/22 (\$325) |   |

## June 25 - 30 • WILMINGTON, OH • Roberts Centre

- |   |   |
|---|---|
| <input type="checkbox"/> GM 6/25 - 6/30 (\$575) | <input type="checkbox"/> GM 6/25 - 6/29 (\$495)   |
| <input type="checkbox"/> KT 6/25 - 6/29 (\$475) | <input type="checkbox"/> Tech 6/25 - 6/28 (\$375) |
| <input type="checkbox"/> FC 6/25 - 6/28 (\$325) |   |

## June 22 - 26 • PITTSBURGH, PA • LaRoche College

- |   |   |
|---|---|
| <input type="checkbox"/> GM 6/22 - 6/26 (\$495)   | <input type="checkbox"/> KT 6/22 - 6/26 (\$475) |
| <input type="checkbox"/> Tech 6/22 - 6/25 (\$375) | <input type="checkbox"/> FC 6/22 - 6/25 (\$325) |

## June 27 - July 1 • NEW YORK • SUNY - Oneonta

- |   |   |
|---|---|
| <input type="checkbox"/> GM 6/27 - 7/1 (\$495)    | <input type="checkbox"/> KT 6/27 - 7/1 (\$475)  |
| <input type="checkbox"/> Tech 6/27 - 6/30 (\$375) | <input type="checkbox"/> FC 6/27 - 6/30 (\$325) |

## June 29 - July 3 • MARYLAND • Hagerstown Clarion Hotel & Hager Hall Event Center

- |  |  |
|--|--|
| <input type="checkbox"/> GM 6/29 - 7/3 (\$495)   | <input type="checkbox"/> KT 6/29 - 7/3 (\$475) |
| <input type="checkbox"/> Tech 6/29 - 7/2 (\$375) | <input type="checkbox"/> FC 6/29 - 7/2 (\$325) |

## July 1 - 6 • CALIFORNIA • Fresno State University

- |   |   |
|---|---|
| <input type="checkbox"/> GM 7/1 - 7/6 (\$575) | <input type="checkbox"/> GM 7/1 - 7/5 (\$495)   |
| <input type="checkbox"/> KT 7/1 - 7/5 (\$475) | <input type="checkbox"/> Tech 7/1 - 7/4 (\$375) |
| <input type="checkbox"/> FC 7/1 - 7/4 (\$325) |   |

## July 8 - 13 • NEW ENGLAND • Merrimack College

- |  |  |
|--|--|
| <input type="checkbox"/> GM 7/8 - 7/13 (\$575) | <input type="checkbox"/> GM 7/8 - 7/12 (\$495)   |
| <input type="checkbox"/> KT 7/8 - 7/12 (\$475) | <input type="checkbox"/> Tech 7/8 - 7/11 (\$375) |
| <input type="checkbox"/> FC 7/8 - 7/11 (\$325) |  |

## July 6 - 10 • GREEN BAY, WI • Sierra Hotel & Ki CC

- |   |  |
|---|--|
| <input type="checkbox"/> GM 7/6 - 7/10 (\$495)  | <input type="checkbox"/> KT 7/6 - 7/10 (\$475) |
| <input type="checkbox"/> Tech 7/6 - 7/9 (\$375) | <input type="checkbox"/> FC 7/6 - 7/9 (\$325)  |

## July 10 - 14 • MILWAUKEE, WI • M.S.O.E.

- |   |   |
|---|---|
| <input type="checkbox"/> GM 7/10 - 7/14 (\$495)   | <input type="checkbox"/> KT 7/10 - 7/14 (\$475) |
| <input type="checkbox"/> Tech 7/10 - 7/13 (\$375) | <input type="checkbox"/> FC 7/10 - 7/13 (\$325) |

## July 11 - 15 • CHESAPEAKE, VA • Conference Center & Marriott Hotel

- |   |   |
|---|---|
| <input type="checkbox"/> GM 7/11 - 7/15 (\$495)   | <input type="checkbox"/> KT 7/11 - 7/15 (\$475) |
| <input type="checkbox"/> Tech 7/11 - 7/14 (\$375) | <input type="checkbox"/> FC 7/11 - 7/14 (\$325) |

## July 13 - 17 • CALIFORNIA • CBU - Riverside

- |   |   |
|---|---|
| <input type="checkbox"/> GM 7/13 - 7/17 (\$495)   | <input type="checkbox"/> KT 7/13 - 7/17 (\$475) |
| <input type="checkbox"/> Tech 7/13 - 7/16 (\$375) | <input type="checkbox"/> FC 7/13 - 7/16 (\$325) |

## July 16 - 19 • OREGON • Southwest Oregon CC

- |   |   |
|---|---|
| <input type="checkbox"/> GM 7/16 - 7/19 (\$395)   | <input type="checkbox"/> KT 7/16 - 7/19 (\$375) |
| <input type="checkbox"/> Tech 7/16 - 7/19 (\$375) | <input type="checkbox"/> FC 7/16 - 7/19 (\$325) |

## July 15 - 19 • MICHIGAN • Tecumseh HS & Hotel

- |   |   |
|---|---|
| <input type="checkbox"/> GM 7/15 - 7/19 (\$495)   | <input type="checkbox"/> KT 7/15 - 7/19 (\$475) |
| <input type="checkbox"/> Tech 7/15 - 7/18 (\$375) | <input type="checkbox"/> FC 7/15 - 7/18 (\$325) |

## July 18 - 31 • STATE COLLEGE, PA (SC-PA) •

Ramada Inn Convention Center

- |   |   |
|---|---|
| <input type="checkbox"/> GM 7/18 - 7/23 (\$595)   | <input type="checkbox"/> KT 7/18 - 7/23 (\$575) |
| <input type="checkbox"/> Tech 7/18 - 7/21 (\$375) | <input type="checkbox"/> FC 7/18 - 7/21 (\$350) |

- |   |   |
|---|---|
| <input type="checkbox"/> GM 7/24 - 7/29 (\$595)   | <input type="checkbox"/> KT 7/24 - 7/28 (\$475) |
| <input type="checkbox"/> Tech 7/24 - 7/27 (\$375) | <input type="checkbox"/> FC 7/24 - 7/27 (\$350) |

## July 25 - 29 • OHIO • Baldwin Wallace College

- |   |   |
|---|---|
| <input type="checkbox"/> GM 7/25 - 7/29 (\$495)   | <input type="checkbox"/> KT 7/25 - 7/29 (\$475) |
| <input type="checkbox"/> Tech 7/25 - 7/28 (\$375) | <input type="checkbox"/> FC 7/25 - 7/28 (\$325) |

## August 1 - 13 • ALLENTOWN, PA (AI-PA) •

Rodeway Inn Convention Center

- |   |   |
|---|---|
| <input type="checkbox"/> GM 8/1 - 8/6 (\$575)   | <input type="checkbox"/> KT 8/1 - 8/6 (\$575) |
| <input type="checkbox"/> Tech 8/1 - 8/4 (\$375) | <input type="checkbox"/> FC 8/1 - 8/4 (\$350) |

- |  |  |
|--|--|
| <input type="checkbox"/> GM 8/7 - 8/12 (\$575) | <input type="checkbox"/> GM 8/7 - 8/11 (\$495)   |
| <input type="checkbox"/> KT 8/7 - 8/11 (\$475) | <input type="checkbox"/> Tech 8/7 - 8/10 (\$375) |
| <input type="checkbox"/> FC 8/7 - 8/10 (\$350) |  |

**MEMORIAL DAY WEEKEND CAMP**  
**KANSAS CITY, MO** ☐ 5/29 - 5/31 (\$275)  
**SUMMER FINALE**  
**ALLENTOWN, PA** ☐ 8/7 - 8/9 (\$275)  
*All ages are welcome!*  
*Only \$175 for our 2010 summer campers*

**Locations with the Super Gold Medal image offer Super Gold Camp options.**

## DOUBLE CAMP DISCOUNT

Register for any 2 separate camps and receive a \$100 discount on the second camp.

**For more camp information, email**  
[camps@kenchertow.com](mailto:camps@kenchertow.com).

## TEAM CAMP

**Significant Group Discount and/or coach attends FREE** when you send 8 or more applications together in advance.

Contact 814-466-3466.

## OFFICE USE ONLY

☐ **Father/Son Option** Room and board with your son and another father/son for \$250. Please enclose an additional \$100 deposit.

☐ *Father/Son Private option (full room buyout) \$40 per night (hotels only).*

## Private Room

Parents, if you want to reserve a room for \$75 per night include a \$75 deposit & indicate which nights.  
 ( )

Not available at college campus locations.

☐ *Wrestler to be housed with other campers*

☐ *Wrestler staying in room with parents.*

## Commuters

\$100 discount. Includes lunch, dinner and all instruction, seminars, and training.

☐ **Female Campers** are welcome at all of our camp locations. Special accommodations are provided.

2010 CAMP APPLICATION





We accept **VISA/MC Charge Cards** for videos, Wear and Gear, and camp enrollment.  
If you wish to use a charge card to enroll in camp, you must pay **in full** when you enroll.  
**No charge cards or personal checks accepted at check-in, cash or money order only.**

Name \_\_\_\_\_ Male/Female \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Parent E-mail (Required) \_\_\_\_\_ Wrestler E-mail \_\_\_\_\_  
Grade Entering \_\_\_\_\_ Birth Date \_\_\_\_\_ Weight \_\_\_\_\_ Years Experience \_\_\_\_\_ School \_\_\_\_\_  
Coach's Name \_\_\_\_\_ Coach's Email (Required) \_\_\_\_\_  
☐ Commuter ☐ Resident/Roommate Preference(s) \_\_\_\_\_

## TO APPLY

Please send application with a \$100 non-refundable deposit by check or money  
order payable to: Gold Medal Training Camp  
P.O. Box 120, Boalsburg, PA 16827, or register online at [kenchertow.com](http://kenchertow.com).

## ENROLL NOW

☐ VISA ☐ Master Card Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
Applications submitted via credit card will be charged in full. All sales are final. No monetary refunds.  
Signature below is authorization for use of credit card and agreement to the  
Refund Policy which can be found on [kenchertow.com](http://kenchertow.com). 3 Digit Validation Code \_\_\_\_\_

**\*\*4 FREE DVDs (a \$120.00 value) for wrestlers enrolled by May 1, 2010 in Super Gold Camps.**

Balance is due at registration. Check in time is 12:15-2:30 pm. Checkout time is noon. We will send you a list of what to bring and directions at least two weeks prior to camp. Call (814) 466-3466 or email [tara@kenchertow.com](mailto:tara@kenchertow.com) for more information.

We authorize our child or ward to be treated by a licensed physician, EMT, dentist, physicians assistant, registered nurse, or athletic trainer, if necessary, while attending camp. In submitting this entry, we waive, release, and forever discharge Chertow, Ken Wrestling, Inc. t/d/b/a Ken Chertow's Gold Medal Wrestling Camp ("Camp"), and all camp directors and staff, and the host facility for and from any and all injuries, losses, or other damages suffered by our child or ward or us at this camp, while traveling to and from this camp, or while participating in this camp. We agree to indemnify and hold Camp, and all camp directors and staff, and the host facility, harmless from and against any and all claims or demands, including reasonable attorneys' fees, made by any third party, to include our child or ward, due to or arising out of our child or ward's participation in this camp. We acknowledge that participation in this camp poses risks for our child or ward, and we represent that our child or ward is physically able to participate in this camp, and has trained sufficiently to do so.

Signature of Parent or Guardian \_\_\_\_\_ Insurance Co. \_\_\_\_\_ Policy # \_\_\_\_\_

**\*\*\*Please enroll me in: Check Camp of choice on reverse side of this page.\*\*\***

### CAMP DESIGN

I have personally designed the Gold Medal Camp System so that you will learn and retain as much as possible. While college sponsored camps are often thrown together, Gold Medal Camp is very organized. Through a carefully planned sequence of instruction, unique drills, and review sessions, you will learn the techniques necessary to become a champion.

I will be present at **ALL** camps. I design the curriculum for every session, personally instruct many sessions, and am available for **personalized instruction**. I have made a **commitment** to coordinating the finest camp system in the world.

*There are a variety of camps to choose from so you can pick the camp best suited to meet your individual needs.*

Wrestlers in each of the different camps will be divided into **small groups** based on skill level and experience so that you will receive the **personalized instruction** necessary to meet your individual needs.

### SYSTEMATIC APPROACH

I have been an avid student of the sport since I was fourteen years old and made a **commitment** to becoming a **State Champion**. Since then I have trained year-round, experimenting with different techniques while drilling, wrestling, and coaching young wrestlers. While coaching at Penn State and Ohio State, I have had the privilege of working with some of the finest coaches and wrestlers in the nation. I have gone to training camps at the Olympic Training Center regularly since 1984. At these camps I trained with some of the best wrestlers in the world, expanding and polishing my repertoire daily. I also regularly analyze videotape of State, NCAA, and Olympic Championships. **I know and understand what it takes to become a Champion and am eager to share it with you.** I have carefully designed the entire technique curriculum so that **everything you learn will be presented in an organized, systematic fashion.** You will learn a system of wrestling—the same system that has made me and many other top wrestlers successful.

*You will leave my camp with a thorough understanding of all the techniques you are taught. You will learn not only how to execute them, but also when to hit them and why they work. You will repetition drill all the techniques during extensive, closely-supervised drill sessions. **These daily drill sessions will help you perfect the techniques, remember them, and hit them instinctively in the heat of battle.***



**Ken and his  
U.S.A. Olympic Team**

### TECHNIQUE CURRICULUM

**TAKEDOWNS** - You will learn an array of set-up actions that will allow you to constantly pressure your opponent while always maintaining good position. Learn to change levels quickly so that you can explosively attack your opponent in a variety of fashions from all angles using the inside step, knee spin, knee bounce, double knee drop, and low ankle mechanics of penetration. Our staff will also detail a variety of leg attack finishes so you can quickly and effectively finish your leg attacks both from your feet and when you get stuck on your knees. If your opponent's legs are back, you must work his head down. You will learn the **snap, shuck, and ankle pick series**, so that you can wear your opponent down, open up your leg attacks, and/or get his head underneath you to score. You will learn **front headlock** subtleties and **cement series** details, as well as essential spin behind techniques, including **tricep pulls** and **back hands**. Many other counterattacks will be taught including the **chestlock, bundled arms, spladle, and funk rolls**.

We place much emphasis on **High Percentage Offense**.

The finer points of the **slide by series** are carefully detailed, so you can quickly score on the opponent who hangs on your collar. We also teach an array of **throw bys, arm drags, duck unders, and elbow shove high singles**, so that you can effectively and safely clear arms and score. **Advanced takedown techniques including throws, underhook attacks, two-on-one combinations, and low single attacks will also be covered.**

*You will leave camp with a clear understanding of the takedowns you must master to excel and the work ethic necessary to perfect them.*

*Although takedowns are the most important and difficult area of wrestling to master, mat wrestling will NOT be neglected as it is at many other camps.*

**TOP POSITION** - Emphasis will be on **tilts, legs, turks, and cradles**, the most effective ways to turn a good opponent. Important and unique breakdowns will be drilled along with essential double overtime rideout tactics including the side headlock and counters. You will learn to control and turn your toughest opponents. All nearfall techniques will be taught in extra small groups because the finer points are so important.

**BOTTOM POSITION** - Chain wrestling from the bottom position will be drilled daily. You will learn the finer points of the **stand-up** that will help you explode and seal off with back pressure for a quick escape, and you will develop a variety of **second moves** that can be used depending on your opponent's pressure. You will get to choose which reversal techniques you want **expert instruction** on and receive this instruction in **extra small groups** to learn the finer points.

**Special mat wrestling sessions are offered for wrestlers particularly interested in advanced instruction on parallel legs, cradles, turks, freestyle turns, Granbys, Petersons, wrist rolls, and counters to legs.**

